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Your essential daily news | TUESDAY, MARCH 22, 2016
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‘I’m tired of being made to feel like I’m a liar. The cops weren’t there that night when all of this took place. They weren’t there. They weren’t in my shoes. They weren’t in that car.’

Deborah Hogan on her sexual assault case, which police have closed. She wants to know why.

An exclusive report
metroNEWS

Shaping our urban core

CENTRE PLAN
Design, land use, mobility included in first public meeting



Zane Woodford
 Metro | Halifax

Dozens of people from across the Halifax region came out to help shape the future of the urban core on Monday night.

The event at Alderney Landing in Dartmouth was the first public meeting for the municipality's new regional centre plan.

"Tonight is all about education," said HRM urban design program manager Jacob Ritchie. "We want people to understand what the centre plan is, what it isn't in some regards, and we want people to tell us what they love about their community and what they want to protect."

Ritchie gave short presentations about the plan, and people were invited to write down their ideas for the plan on sticky notes, placing them into one of seven categories including land use and design, mobility, public spaces and places and culture and heritage.

The plan will update the municipality's planning strategies in peninsular Halifax and the area of Dartmouth roughly within the boundaries of Highway 111.

"This is a chance to take a bunch of plans that existed prior to amalgamation — and really when a different population lived in the regional centre — and really update them for today's population," Ritchie said.

"What this comprehensive plan for the regional centre does is provide clarity that when you live in a community you know what's coming in the future."

After more public consultation, Ritchie and his team will be putting together a draft plan by the fall, and regional council will be presented with a final plan by December.



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Med student shatters stigmas

Nova Scotia's **MENTAL HEALTH EMERGENCY**

Beyond the Body project breaks down misconceptions



Kristen Lipscombe
Metro | Halifax

Doctors may know how to keep our bodies healthy, but aren't always adept at treating our minds, according to Dalhousie University medical student Tara Riddell.

The fourth-year med student, who also has a bachelor of science in kinesiology, hopes to help change that, by starting up a social media project called Beyond the Body, aimed at sparking the mental health conversation within the medical community — and beyond.

"Mental health and mental illness (are) something that we're continuously seeing," Riddell, 27, said Monday inside the Sir Charles Tupper Building on the Halifax campus.

"Regardless if you're an emergency physician (or) a family doctor, you're going to come in contact with it," the Oakville, Ont., native said.

Riddell, who started Beyond the Body in her second year of medical school as a "one-woman operation" class project, has since recruited more than a half dozen contributors for the Beyond the Body web-



Dalhousie University medical student Tara Riddell created an online presence entitled Beyond the Body, using social media to improve education around mental health. JEFF HARPER/METRO

site, Facebook page and Twitter account, since "multiple perspectives are better than one."

Beyond the Body's social media platforms feature everything from advice on how physicians can better address the emotional and psychiatric well-

being of their patients, to stories of doctors who have dealt

"Our hopes in the future are perhaps to include some

In the (medical) community, you're seeing a lot more interest in breaking down the stigma about mental illness.

Dalhousie University medical student Tara Riddell

with mental health struggles such as depression themselves.

accessible," she said. Interest in Beyond The Body

+ PATIENTS STUCK IN THE MIDDLE

From long wait lists for patients to not enough resources for psychiatrists, Dalhousie University medical student Tara Riddell says there are gaps within Nova Scotia's mental health system that need to be filled.

"The hardest part here is, there's always such a high demand," Riddell said Monday. "There is such a need, but there (are) not enough psychiatrists and there's not enough ... money to support having more beds and resources."

During her various outpatient and inpatient

rotations, Riddell worked with patients on physical complaints, quickly discovering that mental illness was often a contributing factor.

"The problem was, either there were long wait lists, or by the time they got into community service, it took weeks to see even a psychiatrist or they had to do group therapy first, which wasn't always amenable for these patients," she said.

"They're kind of stuck in this middle ground where they don't have anyone."

KRISTEN LIPSCOMBE/METRO

is certainly growing; her project received second place honours for poster presentations last fall at the Canadian Psychiatric Association's annual conference, held in Vancouver.

Even six-time Olympic medalist Clara Hughes, a well-known spokesperson for the Bell Let's Talk initiative who has been open about her own struggle with depression, has given Beyond The Body props on social media.

"I did a psychiatric emergency rotation my first year, which (was) really eye-opening, because you see such a spectrum of illness," Riddell said of what has inspired her to focus her studies on mental health education.

"I remember becoming really fascinated with how the

mind works."

Riddell finishes at Dalhousie this June, and will be moving to Hamilton, Ont., in July to work on her psychiatric residency, and potentially her masters of education, at McMaster University.

She plans to spread the Beyond the Body message there, while also continuing the conversation in Halifax and across the country, for physicians and patients alike, in addition to the general public.

"It's available to anyone." But in medical school, "sometimes mental illness and psychiatry get the short end of the stick," Riddell said.

"Hopefully, going forward ... schools, whether formally or informally, include that as part of their education."

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COURT

Human trafficking case is adjourned

A Halifax-area man accused of trafficking a 14-year-old girl skipped a court appearance Monday, preferring to stay in jail because he didn't want to face the media, his lawyer said.

"He's aware that it's been in the press," defence lawyer Kai Glasgow said outside court. "He just didn't want to go through that this morning."

Owen Ross Gibson-Skeir, 20, was arrested Saturday, a day after Halifax police asked for the public's help in finding him.

Gibson-Skeir is now facing nearly a dozen charges, including sexual assault, advertising

+ CHARGE

When asked if the charge against his client is unusual, Kai Glasgow said, "I would say, once every couple of months you'll see charges like this, unfortunately."

sexual services and trafficking a person under the age of 18.

Police said the man was listed as wanted after an investigation into the alleged sexual exploitation of a 14-year-old girl over the last two months.

In court, Glasgow waived the formal reading of the charges and agreed to have his client return to court on April 20 for a possible bail hearing or plea. The accused consented to be returned to custody.

THE CANADIAN PRESS



He's aware that it's been in the press.

Kai Glasgow,
defence lawyer

TOBACCO

Two charged after cigarettes seized

Two men are facing charges after they were allegedly caught trying to bring more than a million illegal cigarettes into Nova Scotia.

On Saturday, RCMP pulled the two men over for speeding on Highway 104, and found about 5,500 cartons of illegal smokes.

A 44-year-old man from Dartmouth and a 42-year-old man from Upper Sackville were ar-

rested at the scene and their vehicle was seized.

They're facing charges including unlawful possession of tobacco, possession of tobacco with applicable taxes not paid and possession of tobacco not bearing the prescribed markings.

METRO HALIFAX



**MORE LOCAL
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A CTV Atlantic sign is shown outside of its offices on Robie Street in Halifax this year. JEFF HARPER/METRO

News station fined for showing youths' faces

BROADCASTING

CTV News in Halifax to pay \$4,000 for violating ban

CTV News in Halifax was handed a \$4,000 fine Monday for showing the faces of two alleged young offenders during a broadcast last August.

In an agreed statement of facts read during a sentencing

hearing in provincial court, Crown attorney Terry Nickerson said the broadcaster violated a publication ban on the identities of the two teens involved in a youth court case in Halifax on Aug. 24.

Nickerson said the faces of the two youths were clearly shown without attempts to block their identities during the 6 p.m. news broadcast on Aug. 24. However, Nickerson said there was no intention by CTV to intentionally breach the Youth Criminal Justice Act.

+ GUILTY PLEA

CTV pleaded guilty at a court appearance last month to violating the act.

"CTV also, on its own initiative as soon as they had identified the error, immediately purged the visual and stopped any repeat broadcast of the identifying visuals," Nickerson told the court.

Judge Michael Sherar said he

concurred with the Crown and defence and called the fine a "fit and proper sentence" given that there wasn't a distinct intention by CTV to break the law.

Outside court Nickerson said the fine was appropriate given the circumstances.

"Quite frankly there was no aggravating circumstances other than the offence itself. I've had some detailed discussions with their counsel as to changes of policy so it doesn't happen again."

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SEXUAL ASSAULT

Woman speaks out after her case fails to go to trial



Yvette d'Entremont
Metro | Halifax

Deborah Hogan's voice is tired and frustrated as she shares her story about a sexual assault she said happened when she visited Halifax last May.

The Ottawa woman wants to know why her file was closed, why she felt abandoned by Halifax Regional Police, why some sexual assault victims' stories are shared and others aren't.

She also wants to warn other women about what happened to her so they can be wary.

"I'm tired of being made to feel like I'm a liar. The cops weren't there that night when all of this took place," Hogan says. "They weren't there. They weren't in my shoes. They weren't in that car."

Hogan's story is a complicated one. She was visiting Halifax last spring and was looking for companionship. She openly admits to putting up a Craigslist ad at the end of April seeking a sexual encounter.

Describing herself as someone who has impulse issues, she says she took it down in less than 24 hours and replaced it with an ad looking for friends.

On May 7, a man contacted her about her ad. Hogan agreed to meet him the next day at her friend's Dartmouth home. She says she repeatedly told him she had no interest in sex.

Despite this, Hogan says, the man grabbed her when her friend left the room and "rammed his tongue down her throat," a move she resisted.

The evening ended with Hogan as a passenger in the man's car after he agreed to bring her back to her downtown Halifax hotel.

As they crossed the MacKay Bridge, Hogan says, he reached between her legs and began groping her crotch. She cursed at him and although he eventually backed off, she says he became angry and verbally abusive, even threatening her life.

"I was really upset and my heart started to beat faster because I didn't know what was



A sheriff stands outside a Halifax courtroom in this file photo. Police say many cases of sexual assault never make it before a judge.

JEFF HARPER/METRO



Why would I waste my time going to the police so f-ing much if I was lying? What will I gain from this? All I want is to bring the man to justice.

Deborah Hogan

I would say many people think they (victims) are making it up. Many of us don't understand the impact of a crime on a person and we don't understand the concept of trauma and how our brain deals with trauma.

Dr. Verona Singer

+ MORE WORK TO BE DONE

Call for additional kind of justice, better education

Dr. Verona Singer believes a victim-centred restorative approach running parallel to the criminal justice system could be "incredibly empowering" for victims of sexual assault.

"It would be the offender saying I take responsibility for what I've done, I am prepared to be accountable, how can I repair the harm to the victim and to the community," Singer explained.

"We need that in this province. And we need to begin the dialogue and the

discussion around that."

Singer also believes teaching young men about the meaning of enthusiastic consent and encouraging young women not to be passive are critical pieces.

"We have a lot of work to do and it starts with our kids, and it's beyond 'good touch bad touch' kind of stuff," she said.

"It really is about communication and about saying it's OK, you aren't a bad person when you say, 'No don't touch me.' It is all that nuanced stuff that we don't get into."



Dr. Verona Singer, co-ordinator for Victims Services with Halifax Regional Police.

YVETTE D'ENTREMONT/METRO

going to happen or what was going through this guy's mind," she says.

"I thought to myself: 'I'm going to become another statistic.'"

At the corner of Cogswell and Barrington streets, Hogan was able to get out of the car and called 911. She says what followed was months of "hell." When her file was closed in July 2015, Hogan says, police told her it was due to a lack of physical evidence.

"They didn't give me any closure to the case," she says.

"I felt that my self respect, my dignity, I feel that everything was just taken away from me. I feel so disgusting. I feel so dirty."

Criminal justice system doesn't change easily

Dr. Verona Singer teaches at Saint Mary's University and is the co-ordinator of victim services with Halifax Regional Police.

When victims of sexual as-

sault or sexualized violence call the victim services department, Singer said, it's not uncommon for the call to be anonymous as victims make an initial inquiry to ask what will happen if they decide to file a report.

"What we try to do with victims is to be as up front and as open and as transparent as possible about all the roadblocks that they're going to encounter in the criminal justice system," Singer said.

"And sometimes the decision that they make is, 'Oh my god. I don't want to report this at all.'"

Singer said one difficulty encountered by victims is service providers within the criminal justice system who ask questions that make victims feel they're

not being believed. In response, Singer said they've established a "trauma informed response training program" for Halifax Regional Police patrol officers and RCMP officers.

That training started in 2014 and covers the concept of victim blaming, how to frame questions and how to help victims feel more supported. The program also instructs police about using language in their reports that accurately reflects any resistance the victim displayed during the sexual assault and explains the impacts of trauma.

Singer said while some victims do find the criminal justice system helpful, there are many who don't because the system was never designed to

be victim-centred.

"Certainly with the new (Canadian) Victims Bill of Rights I think there could be potential for improvement for the victims of sexual assault but I think they will always be dissatisfied," she said.

"It is a monolithic system that does not move easily, that does not change easily and I think that there will always be issues and concerns with it where victims of sexual assault will not feel that they have been heard, and I'm talking from police right through to final disposition when the jury says guilty or not guilty."

Getting it to the court and proving it before the court is a completely different threshold

Although she couldn't provide details about Hogan's case or confirm her name, Halifax Regional Police spokeswoman Theresa Rath did outline some of the difficulties police face with sexual assault cases.

She said each case is unique. Sometimes victims decide they don't want to proceed, while other times police simply have very little evidence to work with.

"For us to be able to lay charges and take it to court, we have to be able to liaise with the Crown attorney to find out if there's a reasonable likelihood of conviction and whether or not we have evidence that we can present," Rath said.

"In some cases we may investigate it, we may have a full sense of who's responsible, but getting it to the court and proving it before the court is a completely different threshold."

In cases of sexual assault, Rath said police must also take into account that victims must relive their trauma.

"It does take courage to come forward and it is an arduous process and you do have to tell your story," she said. "You have to consider the victimology around that and what that does to a victim."

What happened to 'no means no'?

Hogan says she still struggles to cope with feelings of helplessness, frustration and fear.

She says she's worried the man who assaulted her may be preying on other vulnerable women in Halifax.

"I don't understand how this guy can get away with what he did to me.... How many other girls out there did he do it to? I didn't deserve to be attacked," Hogan says.

"Even if there was a Craigslist ad, even if I did put that up, what ever happened to 'no means no'? I was very clear that I didn't want anything to do with him sexually at all and nothing should matter except that."



Only about 10 per cent of cases are actually reported to the police, so when you look at the sheer number of sexual assaults that we respond to in a year that's really a fraction of what's actually happening in our community. Halifax Regional Police spokeswoman Theresa Rath

Store opens opportunity

SPECIAL NEEDS

Non-profit creates work for those with special needs

Brenlee Brothers
For Metro | Halifax

Wanda O'Neil knows how important it is for people with special needs to find employment and improve their skills.

As the executive director of Support Services Group, a non-profit organization that supports independence in individuals with special needs, O'Neil noticed some of the members were having difficulties finding work.

One member in particular went to 50 interviews and didn't get a job, O'Neil said.

So the local non-profit has created employment opportunities for these people, opening a thrift store on Windmill Road in Dartmouth. Members in need of work can work there to develop the skills and experience that will lead to full-time job oppor-



The store will let people know there's more than the average person in the world. Dennis Sheehy

Dennis Sheehy straightens up the clothes during the grand opening of thrift store in Dartmouth on Monday.
JEFF HARPER/
METRO

tunities, she said.

"We are accommodating everyone," O'Neil said Monday afternoon inside the new location.

Mel Boutilier, the executive director of Metro Care and Share Society in Halifax, donated staff

time. Two of his men built the changing rooms and provided the skills necessary to get the facility ready.

"It's a wonderful thing to help these people feel like they can accomplish big things, while making a little money too," he said.

"It's a good feeling to be able to help somebody in need. It does something for both the giver and the receiver."

Darcie McNeil is a third-year public relations student at Mount Saint Vincent University. This past semester, as part of her

work-term, McNeil has been working with SSG to help get the thrift store up and running.

McNeil started working on the project in January and hasn't stopped since, she said.

"It's so rewarding now that it's finally coming together," he said.

ROAD SAFETY

February collision statistics released

There were 17 reported vehicle-pedestrian collisions in the Halifax area last month according to the latest statistics from police.

That number down from 23 incidents in January, but up over the 14 incidents in February 2015.

There were no deaths or severe injuries reported in the 40 vehicle-pedestrian collisions during the first two months of 2016. Four people reported moderate injuries, 24 minor injuries, six reported no injury and six more didn't report injuries.

About half of the collisions reported in the first two months of 2016 occurred in crosswalks, as opposed to less than 40 per cent in 2015.

More than 65 per cent of the victims were female, and about 50 per cent of them fall into the 21-30 and 51-60 age ranges.

More than half of the drivers involved in vehicle-pedestrian collisions in January and February were men. METRO

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The Brett MacKinnon murder case: A timeline

June 8, 2006 — 19-year-old Brett Elizabeth MacKinnon is in contact with her family for the last time.

Early June 2006 — MacKinnon is last seen and her boyfriend contacts her family to let them know she has moved out and asks that they collect their daughter's belongings.

July 13, 2006 — MacKinnon is officially reported missing.

Nov. 21, 2008 — Skeletal remains of Brett MacKinnon are found by two hunters setting rabbit snares at the old No. 11 dump site. DNA testing was conducted to identify the remains.

Nov. 20, 2010 — A cash reward of up to \$150,000 is announced under Nova Scotia's Rewards for Major Unsolved Crimes program for information leading to the arrest and conviction of those responsible for MacKinnon's death.

Feb. 4, 2013 — Thomas Ted Barrett of Glace Bay is formally charged with second-degree murder in the death of MacKinnon.



Brett MacKinnon CONTRIBUTED

Dec. 8, 2015 — Barrett's lawyer Brian Bailey files an application for a publication ban on all evidence presented at the trial.

Jan. 4, 2016 — The Cape Breton Post and CBC News, represented by David Coles, challenge the publication ban sought by the defence.

Jan. 8, 2016 — Supreme Court Justice Robin Gogan

rules in favour of the challenge to the proposed ban.

Jan. 18, 2016 — The Supreme Court trial began and concluded Feb. 5 with the crown calling 18 witnesses with two called for the defence. Barrett did not testify.

Mar. 21, 2016 — Justice Robin Gogan finds Barrett guilty of second degree murder. TC MEDIA



Thomas Ted Barrett leaves provincial court in Sydney on Monday after being found guilty of second-degree murder. TC MEDIA

Barrett found guilty of murder

CRIME

Watching young woman die 'excited' Barrett: Judge

of two murder trials for Barrett involving young female victims.

On Monday in Nova Scotia Supreme Court, Gogan said she accepted evidence from Crown witnesses who said Barrett had told them he'd killed MacKinnon with his bare hands.

The Crown case relied partly on Sheryl Ann Flynn's videotaped account of Barrett telling her in 2006 that he felt "a rush" of adrenaline as his hands tightened on MacKinnon's throat.

Gogan said during her decision that Flynn's evidence, given before her overdose death, was weakened because she couldn't be cross examined by defence counsel.

However, she also said similar testimony from other Crown witnesses was consistent with

a "bizarre pattern of disclosure" by Barrett to acquaintances and girlfriends that built a case proving his guilt.

Barrett is also charged in the second-degree murder of Laura Jessome, 21, in 2012, whose remains were discovered in a hockey bag floating on the Mira River.

Barrett was surrounded by sheriffs when he stood for his verdict in the packed courtroom, but he showed no visible emotion.

MacKinnon's family members wept and some clapped lightly as the verdict was read, but they declined comment as they departed the courtroom.

The judge set down April 13 as the sentencing date in Sydney.

THE CANADIAN PRESS

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BLOOMFIELD

Mixed zone intended



Zane Woodford
Metro | Halifax

The provincial government is looking for expressions of interest for partnerships on the Bloomfield project more than three years after Halifax regional council approved the sale of the 3.2-acre site on Agricola Street.

The province is asking for proposals for the site, planned as a "mixed-income, mixed-use residential development offering greater access to affordable home ownership," that will "expand access to affordable housing while reducing the risk to taxpayers."

A release from the province says if it receives proposals that meet those objectives, "selected applicants" will be asked to provide detailed plans in a request for proposals.

CRIME

Man wanted after attempted robbery

Police say a man threatened staff with a knife at a business in Dartmouth on the weekend.

Halifax Regional Police say at about 8:10 p.m., Sunday, a man wearing blue jeans, a blue jacket and a blue ball cap entered the business, threatened staff with a knife and demanded money.

The suspect ran away empty handed before police arrived. There were no injuries.

The suspect is said to be in his early 20s, five-foot-nine with an average build and moustache.

METRO

Seal pup 'Valentine' dies

WILDLIFE

Injuries sustained after hit by vehicle too serious

The sad story of a seal pup named Valentine shows that despite the best efforts, not every animal can be saved, says the founder of a Halifax-area wildlife rehabilitation centre.

The grey seal pup was hit by a vehicle on a Nova Scotia



Once we did further testing we discovered the scapula was also broken ... and that complicated things a lot.

Hope Swinimer

road in early February and died of an infection nearly three weeks after being admitted for treatment at Hope for Wildlife in Seaforth.

"It is important for people to realize that this is our world and we are not always successful, that's for sure," said Hope Swinimer Monday.

"We try our best and we lose a lot and we save a lot too."

The seal was found by an RCMP officer on a road in Pictou County on Feb. 10. Originally called Sammy, Swinimer said the seal was renamed Valentine because he was brought to the centre so close to Valentine's Day.

Swinimer said Valentine, which was about 20 days old when it was found, was in "rough shape" when it was brought to the centre on Feb. 11.

"The bottom end had been run over," said Swinimer. "Once we did further testing we discovered the scapula was also broken ... and that complicated things a lot."

Swinimer said the animal was relatively comfortable because of the pain medication that was used, but that comfort may have come at a price.

+ MORE INFO

Hope Swinimer said the seal was also having trouble after eating fish, because it couldn't swim enough to help with its digestion.

"We're not really sure, but we think the drugs to contain his pain covered up some of the signs that we would have noticed had there been no pain meds on board," she said.

THE CANADIAN PRESS



WEATHER A PEDESTRIAN BATTLES A MIX OF FREEZING RAIN AND NICE A spring system brought a mixed bag of weather to the region on Monday morning, making for a tricky morning commute. Temperatures warmed throughout the day, eventually turning to rain and then sun. JEFF HARPER/METRO

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Syrian refugee children play together at Ottawa Community Health Centres on Wednesday in Ottawa. Canada's use of both government and private sponsors to resettle Syrian refugees is a model that should be used around the world, the UNHCR chief said. JUSTIN TANG/THE CANADIAN PRESS

Canada's refugee plan praised by UN

SYRIA

Only a handful of states allow for private sponsorship

Canada's use of both government and private sponsors to help Syrian refugees resettle is a model that should be exported around the world, the head of the United Nations refugee agency said Monday.

Canada was the first of what's still only a handful of states which allow private groups to

take on the costs and obligations associated with refugee resettlement and it's an approach that ought to be tried elsewhere as the flow of displaced people from the Syrian civil war and other conflicts continues, Filippo Grandi said.

"It adds more places for resettlement, but it also contributes to create this sense in civil society that it is a positive thing to do," Grandi said of the private sponsorship program in an interview.

He spoke ahead of a day of meetings with senior government officials, including Immigration Minister John Mc-

Callum, who will be a keynote speaker at the UN High Commissioner for Refugees' summit on the Syrian crisis in Geneva next week.

Grandi is asking states to take in about 10 per cent of the estimated 4.2 million people who've become refugees from the Syrian civil war.

The Liberal government had committed to taking in 25,000 government-assisted refugees by the end of this year and have about 8,000 more to go towards that goal. But they have not set a firm number for how many Syrians they will admit through the private system. THE CANADIAN PRESS

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Bottled water ban on Montreal's list

ENVIRONMENT

Industry wants city to consider recycling as a better solution

A passing mention by Montreal's mayor that plastic-bottled water is next on the city's environmental to-do list has caught the industry's attention.

After moving to ban plastic bags by 2018, Mayor Denis Coderre hasn't announced any firm game plan on the bottle issue. "But the debate is important," Coderre said recently. "We need to have that debate on plastic."

The Canadian Beverage Association, which represents major players such as Coca-Cola, Pepsi Co. and Nestle, has hired a lobbyist to deal with the city.

"We don't think banning (bottled) water is a solution," says Martin-Pierre Pelletier, suggesting a ban would only deprive residents of choice.

Pelletier said the perception that people favour bottled water over the tap variety isn't accurate, noting 91 per cent of those who drink bottled water reach for the tap at home.

An industry finding shows two-thirds of adults who buy bottled water do so instead of another packaged beverage.

"Bottled water isn't in competition against tap water, it's in competition against other beverages," he said.

The industry wants the city to favour a recycling solution.

According to the Canadian Bottled Water Association, the national recycling rates for plastic beverage bottles was about 72 per cent. Executive director Elisabeth Griswold says the group considers anything less than 100 per cent unacceptable.

The plastic bottles are made



ISTOCK

of polyethylene terephthalate (PET), which is completely recyclable and reused in making water bottles, Pelletier said.

"Instead of banning a product that is healthy, useful, we believe we should spend our time and efforts in building up public space recycling," he said.

More than 80 Canadian towns and cities restrict the use of bottled water, including Montreal. Most involve activities in municipal buildings but in Toronto it extends to parks, facilities and civic centres.

Many post-secondary institutions also do the same.

In 2013, Concord, Mass., came out with a bylaw banning the sale of one-litre bottles of water or less in that community and is believed to be the first U.S. community to have done so.

THE CANADIAN PRESS



Apple VP Greg Joswiak unveils the new iPhone SE in California on Monday. GETTY IMAGES

Apple unveils smaller iPhone

Apple unveiled a small new iPhone, a new iPad tablet for business use and knocked \$50 US off its Apple Watch at a product event Monday. The announcements, which were largely expected, aim to keep up the company's commercial momentum in the face of unexpected challenges.

The new phone — the iPhone SE — is an upgrade to

the older, four-inch iPhone 5S, released in 2013. It's aimed at consumers who haven't sprung for the bigger-screen iPhone 6 models that Apple introduced over the last two years. The new phone comes with features like Apple Pay and the company's fastest processor, which have previously been offered only on versions of the iPhone 6.

Apple also unveiled a smaller model of the iPad Pro, which the company introduced last year with several features — like a detachable keyboard and stylus — designed for business users. The Apple Watch, which is yet to win a big following, got a price cut. It will now start at \$299 US and will also come with new wristbands.

THE ASSOCIATED PRESS

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Border wall splits voters

POLITICS

Residents near the U.S.-Mexico divide react to Trump's plan

Donald Trump's ambitious plan to build a giant wall on the border with Mexico hits close to home for many people. As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents.

Reporters interviewed people who live on the border to get their perspective on Trump's border wall plan:

BACK AGAINST THE WALL

For Jim Chilton, illegal immigration and drug smuggling isn't just something he hears about on the news: He lives with it every day as smugglers routinely cross the border on his property.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just

need to secure that international boundary at the border, period."

BOTHERED IN BISBEE

Artist Kate Drew-Wilkinson lives in Bisbee, Ariz., where she owns a gallery a few miles north of the border. Drew-Wilkinson opposes Trump and his wall proposal, saying he's a bully who is dangerous to the United States.

"I don't think he has a real understanding of the geography or the sheer difficulty of building a wall of that kind," said, Drew-Wilkinson. "And it's ugly. The whole thing is really ugly."

A SOLID FOUNDATION

John Ladd is a cattle rancher whose roughly 15,000-acre ranch abuts the border near Naco, Ariz. Ladd simply likes that Trump has been talking about illegal immigration since the beginning of his campaign.

"That really rang a bell with me and a lot of the ranchers, that finally we had somebody in the political arena that wasn't worried about being politically correct and talked about the problem that is actually happening," he said. THE ASSOCIATED PRESS



Jim Chilton supports the wall and doesn't go anywhere on his Arizona ranch without his guns at the ready in case he encounters armed smugglers. BRIAN SKOLOFF/THE ASSOCIATED PRESS



INDIA THE FUTURE IS BRIGHT Hindu widows throw flower petals during Holi celebrations at the Gopinath temple, 180 kilometres southeast of New Delhi, India. A few years ago, this joyful celebration was forbidden for widows. Like hundreds of thousands of observant Hindu women, they would have been expected to live out their days in quiet worship, dressed only in white, their very presence being considered inauspicious for all religious festivities. MANISH SWARUP/THE ASSOCIATED PRESS



TRAVEL

Canadians hit Cuba ahead of U.S. tourists



As Cuban-American relations continue to thaw, a Canadian travel agency says travellers from this country are hoping to hit the beaches before changes for American travellers take hold.

"No one knows at this point what those changes are going to represent in terms of Canadian travellers vacationing

there, but there's certainly a sense of wanting to get in before it does," Halifax-based Maritime Travel senior director of marketing Blair Jarrett said Monday.

While travel to Cuba for tourism reasons is still technically banned, U.S. President Barack Obama's administration has continued to ease up on restrictions for Americans.

Since last year, Americans have been able to travel to Cuba under 12 categories including family visits, religious

activities, and educational activities.

Before last week, people travelling for educational purposes had to travel in authorized tour groups, but now they'll just have to fill out a form saying they're not going to Cuba just to drink on a beach.

"I think there's quite a bit of red tape and quite a bit of organizing that has to happen before Americans start arriving in droves at the all-inclusive resorts," said Jarrett, though he

acknowledged that is bound to affect prices eventually.

Jarrett said Cuba has long been a preferred destination for Canadian travellers, with more than 1,000,000 annual bookings, but this year, it's been even more popular.

"There's certainly a fondness there, and for people who love that, or even maybe have not been before, there's a certain charm and a certain character that they would like to experience in case it might change moving forward," he said.

IN BRIEF

Russia issues U.S. warning after ceasefire violations

Russia on Monday warned the United States that it will start responding unilaterally to ceasefire violations in Syria if the U.S. refuses to co-ordinate rules of engagement against violators. The U.S. State Department insisted that Moscow and Washington were working constructively to monitor the truce.

THE ASSOCIATED PRESS

Mild storm hits New England

Steady snowfall made for a sloppy commute across much of New England, but many residents were relieved that the storm wasn't nearly as bad as first forecast. By noon, the snow had stopped and the sun was out in much of the region. THE ASSOCIATED PRESS

REFUGEE CRISIS

Hundreds detained in Greek migrant camps

Greece detained hundreds of refugees and migrants on its islands Monday, as officials in Athens and the European Union conceded a much-heralded agreement to send thousands of asylum-seekers back to Turkey is facing delays.

Migrants who arrived after the deal took effect Sunday were being led to previously open refugee camps on the islands of Lesbos and Chios and held in detention, authorities on the islands said.

EU countries are trying to avoid a repeat of the mass migration in 2015, when more than a million people entered the bloc. Most were fleeing civil war in Syria and other conflicts, travelling first to Turkey and then to the nearby Greek islands in

dinghies and small boats. Efforts to limit migration have run into multiple legal and practical obstacles.

Under the deal, Greek authorities will detain and return newly arrived refugees to Turkey. The EU will settle more refugees directly from Turkey and speed up financial aid to Ankara. The two sides, however, are still working out how migrants will be sent back.

"We are conscious of the difficulties," EU Commission spokesman Margaritis Schinas said in Brussels.

"And we are working 24-7 to make sure that everything that needs to be in place for this agreement to be implemented soon is happening."

THE ASSOCIATED PRESS

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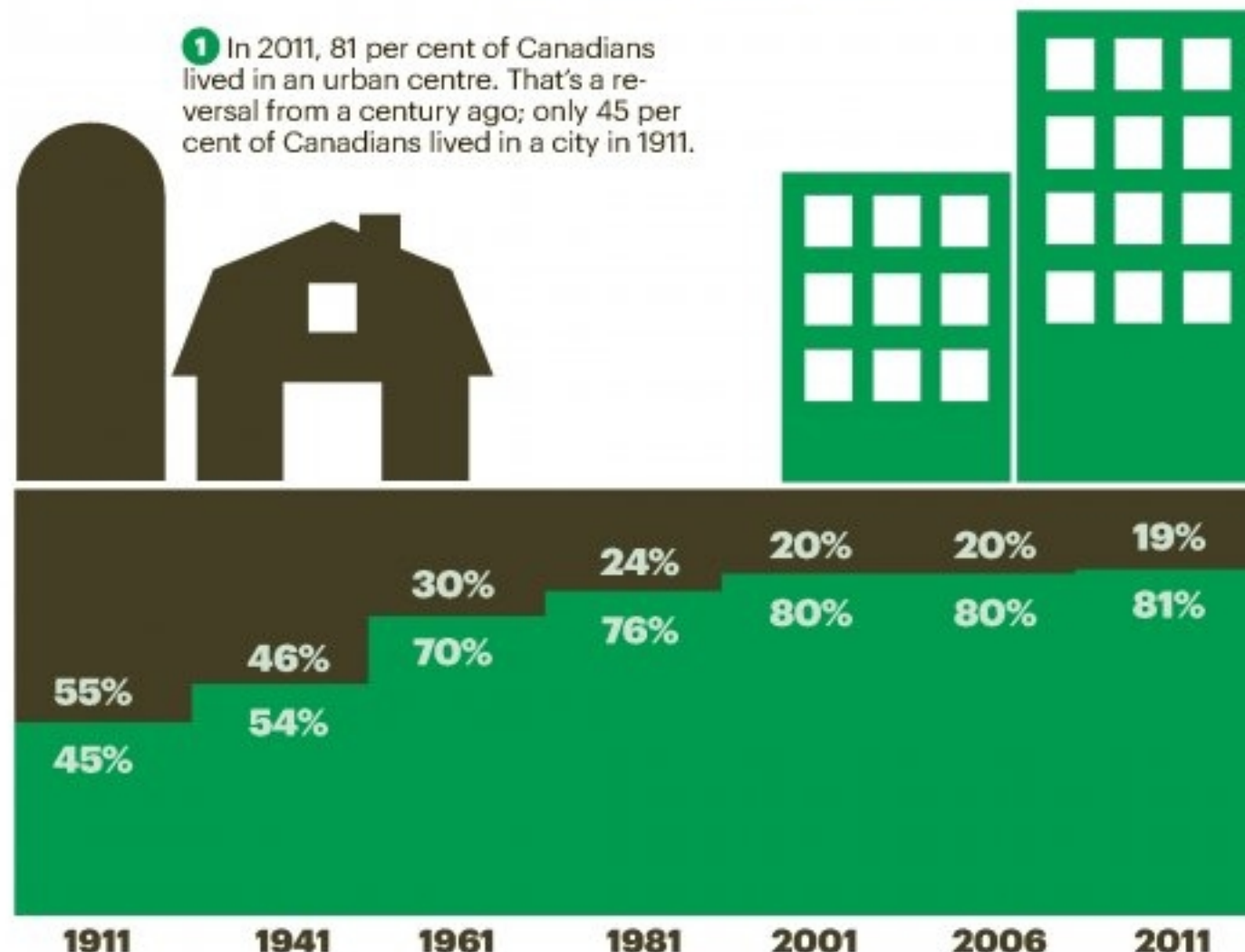
THE 2016 FEDERAL BUDGET

Rise of Canada's cities



Luke Simcoe
Metro | Toronto

The Liberals are billing Tuesday's big budget reveal as a step forward for cities and are expected to announce funding for much-needed municipal projects such as transit and housing. But why all the attention — and money — for our big cities? Experts say it's because Canada, like other countries, has become a truly urban nation, and Ottawa is finally taking notice.



GRAPHIC BY ANDRES PLANA/METRO

POLITICS

Ex-Toronto mayor Rob Ford in palliative care, says office

Rob Ford's family is trying to make him as comfortable as possible as he continues to battle cancer in palliative care at Toronto's Mount Sinai Hospital, his office has confirmed.

"Family members have been with him around the clock," said Ford's brother and former city councillor Doug.

"I have been at the hospital for the last five days and nights

by his side.

"Rob is a fighter and continues to fight. We are so grateful for all the support for him from all over the world. It is incredible!"

The former mayor's condition hasn't changed since Thursday, when his office put out a statement. Palliative care is typically defined as health care for those facing life-threatening illness.

By Monday afternoon, more than 6,400 messages of sympathy have been posted to a site set up by his family, GetWell-RobFord.com.

TORSTAR NEWS SERVICE



Rob Ford TORSTAR NEWS SERVICE



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EXPENSE SCANDAL

Arbitrator slashes owed amounts of 10 senators

One senator stayed overnight in Toronto to have breakfast with a reporter — seven times. Another repeatedly spent an extra day at a ritzy Fredericton hotel just in case constituents wanted to meet, but there's no evidence they did.

None of those flagged expenses should have been charged to taxpayers, a former Supreme Court justice said Monday.

Ian Binnie chalked the problem up to the senators' own lack of knowledge about the rules governing their spending.

The attitude from senators was "if we knew the rules, we would follow them," Binnie told a news conference. He said he didn't feel any were "gaming the system."

What the majority of offenders were doing, he said, was mixing personal business with Senate

business.

"That is the source of 80 per cent of the problems I dealt with: senators mixing personal and Senate business," Binnie said.

The arbitration process was established after last June's report by auditor general Michael Ferguson raised questions about nearly \$1 million in expense claims from 30 senators.

Binnie was appointed as arbitrator last May to oversee those cases. It was revealed last week that 24 of the 30 senators named in Ferguson's report had been informed there wasn't enough evidence to pursue criminal charges.

Binnie reduced the repayment bill for 10 of the 14 senators who opted to challenge Ferguson's findings, cutting their total bill to \$131,853 from \$276,566.

THE CANADIAN PRESS

IN BRIEF

Senators pressure border agency in custody deaths

Senators grilled Canada Border Services Agency officials Monday about oversight at the agency following the deaths of two people in agency custody in the span of a week.

THE CANADIAN PRESS

Canadian regions join world biosphere network

Two Canadian regions have been singled out by a United Nations agency for how well they combine economic and environmental concerns.

In a meeting in Lima, Peru, UNESCO welcomed Great Bear Lake in the Northwest Territories and the Beaver Hills east of Edmonton into its World Network of Biosphere Reserves. THE CANADIAN PRESS

THE 2016 FEDERAL BUDGET

What are you hoping for?

It's more than just a big number. The federal budget will affect the day-to-day lives of Canadians — helping or hindering them as they look for jobs, work to educate themselves or save to buy a home. The Liberals have promised support for the country's rapidly growing cities, so Metro asked people in each of its seven urban markets what they want — and need — to see in Tuesday's budget. **Here's what they said.**



I would like to see more money given to post-secondary education, but also a renewed pledge to act on climate change.

ADRIAN CHOONG, 20, HALIFAX

'The roads in Ottawa need so much work. Public transit is doing well with the new O-Train coming, so I'd rather focus on roads and bridges.'

SUMAIYA NAWAR, 18, OTTAWA



'Without a roof over one's head, it's really hard to make a life of any quality... If we don't do something about (affordable housing) now, it'll have severe consequences for generations.'

RACHEL LISSNER, 27, TORONTO

'There definitely should be money for the workforce... It will help the economy and get things flowing.'

TAMAR TCHICAYA, 33, CALGARY



'Strong transit systems make strong cities, and Winnipeg is trying to build one. But we need help. I hope we'll see that.'

CIARA MACKINTOSH, 32, WINNIPEG

'Right now, I'm just paying interest on my student loan ... not adding to the economy. If you want to build a strong economy with people who can contribute rather than just struggling, that would help.'

MARIA MAVROGIANNAKIS, 31, EDMONTON



'I want to see (Trudeau) follow through with his promise to legalize pot. If he taxes pot, and puts more tax on cigarettes and alcohol, it could bring in a lot of money.'

PETER LEVARSKY, 22, VANCOUVER

Will Trudeau keep his promises? Five things to watch for



Luke Simcoe
Metro | Toronto

During the election campaign, Justin Trudeau and the Liberals pledged to work on repairing the relationship with First Nations and invest heavily in Canadian cities and youth. As the government gets set for its big budget reveal Tuesday, these are some of the Liberals' key promises to keep in mind.

1 INVESTMENT IN INFRASTRUCTURE

The centrepiece of the Liberal platform was a \$60-billion investment in infrastructure, spread out over 10 years. The plan is to spend a third of the cash on transit projects, a third on so-called "social infrastructure," like affordable housing, and another third on environmental initiatives. The government has also suggested it may be willing to commit more than its traditional one-third share to infrastructure projects.

2 YOUTH UNEMPLOYMENT

Recent data from Statistics Canada shows the youth unemployment rate hovering at about 13 per cent — nearly double the national average. To deal with that disparity, Trudeau and the Liberals have promised a \$1.5-billion jobs plan that would create 40,000 new jobs for youth every year for three years.

3 STUDENT DEBT

Trudeau promised to inject about \$750 million a year into the Canada Student Grants program, which would raise the grants for low-income, full-time students to \$3,000 a year.

4 DEFICIT SPENDING

The Liberals distinguished themselves from other parties in the election by pledging to run a deficit in order to spend more on important programs. However, they said the deficit would be capped at \$10 billion, a promise that could be broken come budget day. Recent indications from Finance Minister Bill Morneau suggest the actual deficit could be closer to \$20 billion, which complicates another Liberal promise: to balance the books by 2020.

5 INDIGENOUS COMMUNITIES

The Liberal platform contained a number of promises to Canada's First Nations communities, including a \$2.6-billion boost to aboriginal education funding and the promise of clean water for every indigenous community in four years. Some critics, including NDP MP Charlie Angus — whose riding includes the embattled Attawapiskat First Nation — have suggested the Liberals won't live up to their promises on the file, so this is definitely one area to watch on budget day.

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The U.N. weather agency has found 2015 was record hot and the first two months of 2016 even hotter. "These records vividly illustrate the destructive power of an El Niño on climate change steroids," says climate scientist Katharine Hayhoe.

Girls, need some ladyshoes?

PRODUCT TEST

Adidas thinks women don't need their shoes to go the distance

Zoe McKnight
Torstar News Service

I get up most weekday mornings around 5:30 a.m.

I usually head out in the near-dark for a run through Toronto's west end, down to Lake Ontario and back. I occasionally see another runner but most often, I'm alone. I have run three marathons, each with an under-four hour finishing time. I'm now training for the 30-kilometre Around the Bay Road Race in Hamilton, Ont.

I'm not the fastest runner but I'm committed. I've worn through countless pairs of running shoes. It had never occurred to me that women's feet could be so different from men's that they needed their own shoe. I recently tried the Adidas PureBoostX, which the sports company says is the first and only running shoe designed specifically for women runners.

Finally, I thought. A shoe that understands me. A shoe that listens.

"Flawless look. Effortless feel. A women's running shoe like no other," is how the marketing material describes the PureBoostX, which were released earlier this year and retails for \$130 on adidas.ca.



Zoe McKnight takes the Adidas PureBoostX for a spin. TORSTAR NEWS SERVICE

ARCH SUPPORT

It's all about perception

Adidas wanted to build a shoe that moved with the foot, particularly around the arch. All testing and research focused on women using a size 7 shoe, rather than a men's size. That would keep the materials flexible, Angus Wardlaw, director of futures for Adidas, says. The new shoe's mesh upper wraps around the foot, leaving a gap under the arch, like compression tights but for feet. It's called a 'floating arch.' According to comments an Adidas official made on the website, arch support for the PureBoostX happens on a "proprioceptive level." Proprioception is running jargon that refers to a body's sense of its own position and movement. I gather that means support is more about perception.

ZOE MCKNIGHT/TORSTAR



But what is women's running? This sends me in a tail-spin of doubt. My own runs, during heat waves and rain and Toronto's annual Snowmageddon don't feel effortless. Black toenails and salt stains don't look flawless. Trust me.

I'm a bit skeptical but Adidas seems to market the women's shoe for distance running.

"The longer your runs, the more kilometres you log each week. And the longer you keep up your routine, the less you're

willing to put up with shoes created for a man," the company's Canadian website says.

During my first couple of test runs, including a hill repeat workout and an easy 10K to the lake and back, the shoes feel bouncy at first. But near the end I can feel the pavement a little too keenly.

As part of my race training, I was due for a 24-kilometre run. I wanted to see how the shoes would do. I ran along the Martin Goodman Trail from Park-

dale in Toronto to Long Branch Park in Etobicoke and then home.

By the halfway point the bounciness seemed to give way, especially under the midfoot and toes. It felt like my own body weight was crushing and flattening the foam sole. I found myself wishing I had the beat-up trail runners I'd been wearing all winter.

When I told Adidas about my experience, the company said through a spokesperson

that my discomfort wasn't surprising, since the shoe is

really designed for distances between five and 10 kilometres, for women who include running as part of a larger workout routine.

I also spoke to an Adidas official about the rationale behind the shoes.

Distance running was once predominantly a man's sport but due to a "dramatic shift

over the last 10 years," women now outnumber men in North American road races, Angus Wardlaw, director of futures for Adidas, told me.

"It's moved this big, fundamental shift away from the serious, competitive aspect to much more of a social aspect dominated by female runners," Wardlaw says.

While it's true more men than women enter marathons, more women than men enter road races at all other distances, according to a report from Athletics Canada. American races have seen the same trend.

But the marathon boom has included women. In the U.S., just one in 10 marathon participants were women in 1980. In 2015, it was more than four in 10, according to Running USA. And more women than men enter half-marathons, no small feat at 21.1 kilometres.

Hmm. The half-marathon — or in my case, the 30K, which organizers told me was an even split between male and female participants this year — still seems like serious running. So women are less competitive than men? Really? Somehow I don't think Lanni Marchant wanted to qualify for the Rio Olympics any less than Eric Gillis.

I like the idea that a sports company is catering to women — Adidas insists it has big plans for the future of women's running — but not what this shoe seems to imply: that we don't seriously want to run.

We just want to feel like runners.



90s to now

Yup.
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Don't expect a free meal and other first date rules

ROMANCE

Be your best the first time you meet

Sofi Papamarko
Torstar News Service



First dates are a lot like job interviews: exciting in theory, horrible in practice. The nerves! The pools of armpit sweat! The stilted conversation! The compulsion to start swiping on Tinder halfway through (don't worry, they won't notice!)

Unless you want to be alone forever, it's impossible to avoid the awkwardness and awfulness of first dates. That said, you certainly can avoid making the date awful for the other person. Here are some tips that will help you be a great first date and avoid becoming an eye-rolling cocktail party anecdote.

Ask questions

Pretty basic, right? Still, you'd be amazed at how many people will prattle on about themselves without asking their companion anything about their own lives. The whole purpose of a date is to get to know another person. How can you do that if you're bragging non-stop about your high school sports achievements? (But hey, congratulations on almost winning the rugby finals in 1998!)

Make eye contact

This is tougher for some people than for others, but making frequent eye

contact is essential to creating an early bond with another human being. Your smartphone is indeed fascinating, but do what you can to occasionally meet your date's gaze.

Smell reasonable

Have you showered or bathed at any point in the last 48 hours? How about brushed or flossed? Go do that. Also, don't try to overcompensate for lack of hygienic ritual with perfume/cologne/body spray. If you're wearing enough of the stuff to become The Human Torch or asphyxiate a small yak, you're not probably making an ideal first impression.

Bank emergency conversation starters

Awkward silences happen. Before your date, come up with three or four conversation starters for when things lag. Lighthearted questions, pop culture references and current events are all great ways to resuscitate a conversation. Do not talk about the weather. Never talk about the weather.

Avoid mentioning your ex

The jettisoning of emotional baggage is for Dates 4 through 6.

Listen to what they have to say

Contrary to popular belief, social interaction isn't about waiting for your turn to talk.

Don't talk about your fertility window, openly fantasize about your future wedding and

whether or not you'd consider hyphenating your last name/s or what your adorable future babies will look like

Your date will run far, far away — and will be right to do so.

You are not entitled to a free dinner

Or free drinks. Or a free movie. It's always nice when the other person treats, but this is an expensive city and buying dinners and movies and drinks for every new person you meet just isn't financially viable. That said, if you really liked them and you were the one to suggest the date, picking up the tab is a hero move.

Be polite to waitstaff

How people treat waitstaff is a great litmus test for how kind/respectful they are to other people in everyday situations. When someone is rude to the server, I end the date after appetizers. ("Really great meeting you!")

Embrace getting to know someone new

Maybe you're not attracted to them. Whatever! Instead of mentally checking out the second you realize a lifetime of passion isn't in the cards, embrace the opportunity to engage with a person who might have interesting stories to share or who might offer brave new perspectives you've never considered.

Sofi Papamarko is a writer and matchmaker who lives in Toronto. Reach her at hisofo@gmail.com



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Attention All Large Breed Dog Lovers!

Super cuddly Enano will surely win your heart when meeting her as she lives up to the term "lap dog". Despite being 6 years old, she still has a lot of life in her and can keep up with any fun to be had. Due to previously untreated ear infections, Enano is currently under-going long term treatment for her ears but she takes it all in stride. She is looking for a home with no other pets and with children 12 years of age or older. **Come meet this happy-go-lucky canine today!**



For more information on **Enano** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Easter Service Listings

SAINT MARY'S CATHEDRAL BASILICA HOLY WEEK MASS SCHEDULE

Mass of Chrism
Tuesday, March 22nd • 12:00 pm

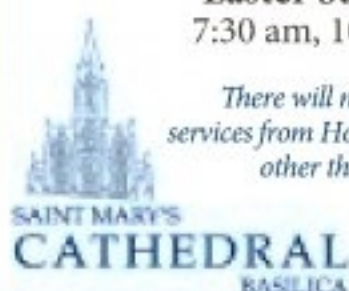
Holy Thursday, March 24th
Mass of the Lord's Supper • 7:00 pm

Good Friday, March 25th
Passion of our Lord • 3:00 pm

Holy Saturday, March 26th
Easter Vigil • 8:00 pm

Easter Sunday, March 27th
7:30 am, 10:30 am and 5:00 pm

There will not be any other masses or services from Holy Thursday to Easter Sunday other than those stated above.



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& SPRING GARDEN ROAD



First Baptist Church Halifax Holy Week & Easter '16

1300 Oxford St., Near South, fbchalifax.ca

Ecumenical Services 7:30 am

Continental Breakfast - 8:00 am

March 22 - First Baptist Church Halifax

March 23 - St. Mary's Basilica

March 24 - St. Andrew's United

Maundy Thursday, March 24 - 7:00 pm
Communion and Tenebrae

Good Friday Service, March 25 - 10:30 am
Maritime Conservatory

Easter Sunday, 6:55 am - Sunrise Service
Black Rock Beach, Point Pleasant Park

10:30 am - Communion
God Assisted Life - Rev. Lynn Uzans

**March 22nd
to March 27th**

*Experience the victory! Feel the emotion!
Celebrate the Good News!*

Our Saviour Lives!

Good Friday, March 25th ~ 10am

Emmanuel Baptist joins Full Gospel for a bittersweet reflection of Christ's death.

Saturday, March 26th ~ 7pm

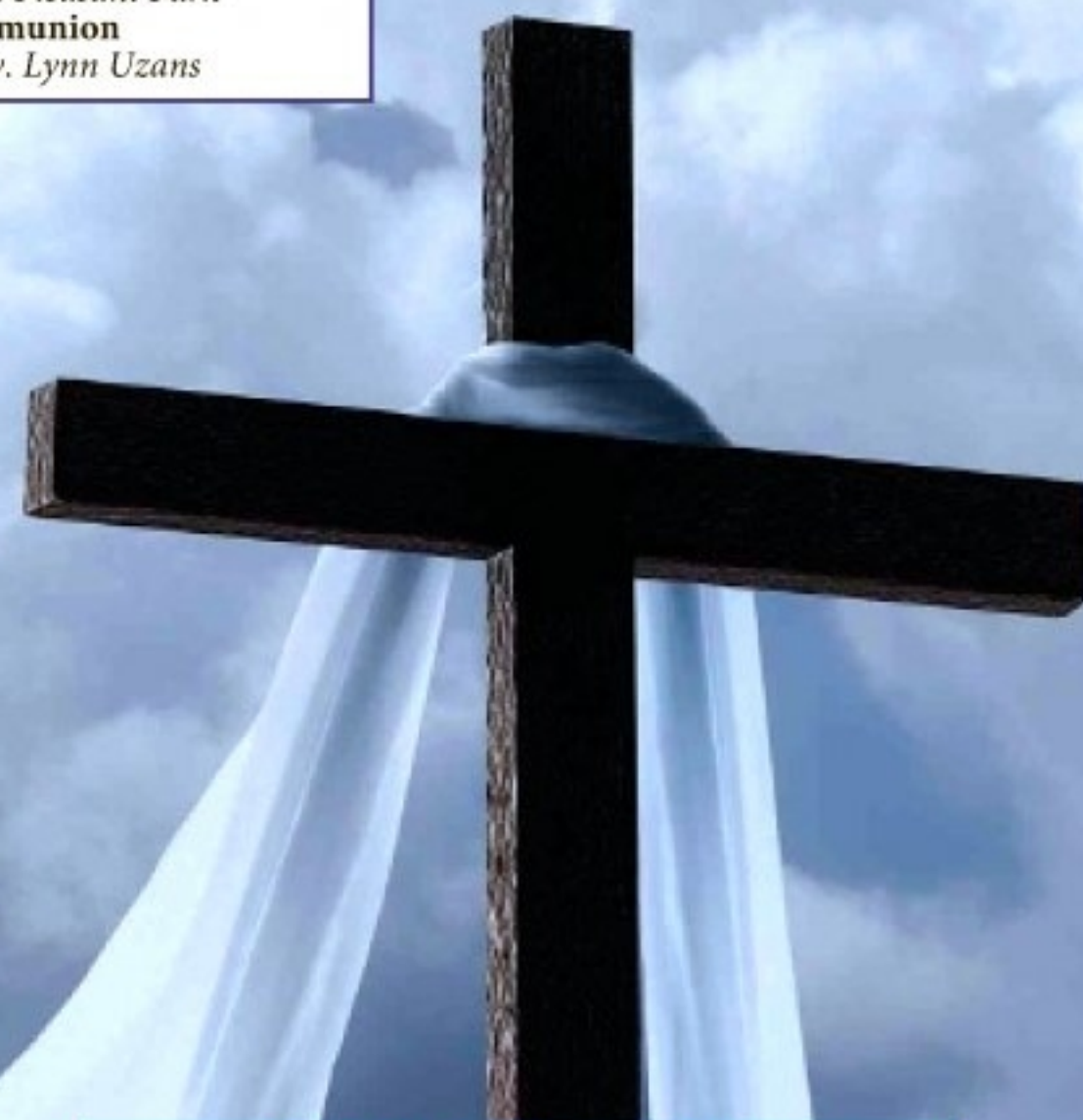
Salvation Army Band joins Full Gospel Choir, plus other singers, for a rich musical presentation.

Easter Sunday, March 27th ~ 10:30am

An Easter Celebration of the Risen Lord!



**Full Gospel Church ~ 2256 Larry Uteck Blvd.
Bedford • 902-454-7361 • halifaxfullgospel.ca**



Holy Week & Easter 2016

Holy Tuesday, 22 March
7:00pm Choral Holy Communion
Guest Preacher: Colin Nicolle

Holy Wednesday, 23 March
7:00pm Tenebrae
Music: *Miserere Mei (Allegri)*

Maundy Thursday, 24 March
7:00pm Choral Holy Communion with foot-washing and stripping of the altar
Music: *Ubi caritas (Durufle)*, *A new commandment (Tallis)*, and more
9:00pm - 7:30am All-night vigil



Good Friday, 25 March
10:00am Stations of the Cross and decoration of the Easter Garden
12:00pm Three-hour service of choral music and meditations
Guest Preacher: The Rev'd Dr Gary Thorne

Holy Saturday, 26 March
10:00 AM Shortened morning prayer and Ante-Communion Service followed by church cleaning & polishing
10:30 PM Easter Vigil and First Mass of Easter

Easter Sunday, 27 March
8:00 AM Said Holy Communion
10:30 AM Choral Holy Communion
Music: *Missa a 8: Confitebor tibi Domine (Palestrina)*

St. George's Anglican Church
2222 Brunswick Street, Halifax
Phone: 902-423-1059
Rector: Father Christopher Snook
Music Director: Garth MacPhee
www.roundchurch.ca

Kiddie Leafs make noise

NHL

Youngest team Babcock has coached since his junior days

Mike Babcock is getting promising results out of the youngest NHL roster he has ever coached.

Babcock's Maple Leafs dressed 11 players aged 23 and under against the Buffalo Sabres over the weekend and came away with a thorough 4-1 victory, the club's third in the past four games and fourth in the past six.

The Leafs were led by 19-year-old William Nylander, who registered the first multi-point game of his NHL career.

Toronto (61 points), despite its youth and obvious attempts at a roster rebuild, could soon escape the NHL's basement, nearing the likes of Winnipeg (64 points), Edmonton (65), Vancouver (66) and Columbus (66) with three weeks remaining in the regular season.

Babcock's efforts behind the bench have moved the Leafs near the top of the league in puck possession since the trade deadline, when Toronto dealt a number of veteran players for draft picks and promoted young players.

"My favourite coaches have always made the game easier to play, but challenged you personally to do more," said 22-year-old Connor Carrick, who joined the club late last month. "I feel like that's what



William Nylander has three goals in 11 games since being called up. CLAUS ANDERSON/GETTY IMAGES

he does so well. He helps make the game easier for you in having an identity, having a plan. He doesn't handcuff you or anything like that as a player."

"He challenges you to be at close to your 100 per cent," Carrick added. "Anything less than that in his eyes isn't acceptable."

Babcock has found some mild success with a Leafs roster that isn't only young, but shifting constantly with 43



Right now this is what we're doing and it's a lot of fun.

Maple Leafs head coach Mike Babcock

different players suiting up this season.

Most of those added recently have little to no NHL experience, including 20-year-old Frederik Gauthier who became the ninth Leaf in a span of three weeks to make his NHL debut, doing so against the

Sabres on Saturday.

"Obviously three years from now we don't want to be doing this, but right now this is what we're doing and it's a lot of fun," Babcock said.

The head coach of veteran playoff teams in Detroit for a decade, Babcock hasn't coached

a team this young since 2000 when he steered the Spokane Chiefs of the Western Hockey League. His approach with such a youthful group requires extensive explanation and communication. Babcock said players, especially young ones, crave feedback, good or bad.

"He's always talking and always letting you know what he thinks and what you've got to work on and stuff like that," Nylander said.

On the bench, Babcock's experience was more chaotic than usual.

"They're not quite as calm, you're not quite as calm, so then everything's more erratic off the bench for sure," he said.

Toronto traded six veterans ahead of the trade deadline, the club's need for bodies compounded by a slew of injuries, the latest of which has seen Peter Holland, Leo Komarov and rookie Nikita Soshnikov hurt.

And yet the Leafs have managed to win games or come close. Five of their past seven losses have been by a goal, including a string of five straight.

Babcock stressed caution when evaluating his team's recent performance. Meetings between non-playoff teams aren't always a good barometer, he said after the win over the Sabres.

"I think you've got to be real careful about over-evaluating anybody at this time of the year when you're in the situation we are," Babcock said.

THE CANADIAN PRESS

Go to metronews.ca for story of Monday's Leafs vs. Flames game.

IN BRIEF

Crosby NHL's star of week
Pittsburgh Penguins centre Sidney Crosby has been named the NHL's first star of the week as he continues his resurgent second half of the season.

Cole Harbour's Crosby had two goals and five assists in four games as the Penguins (40-24-8, 88 points) extended their winning streak to six games. THE CANADIAN PRESS

Simmons to enter draft

LSU freshman forward Ben Simmons, who led the Tigers in scoring, rebounds and assists this season, says he is leaving the Tigers to turn pro.

Simmons, who made his announcement in an interview published Monday by ESPN, says he will soon hire an agent and enter the NBA draft, for which Simmons has been widely projected as a top overall pick.

THE ASSOCIATED PRESS

Rugby star dies at 35

The Canadian rugby community was left in shock Monday at news that former international John Cannon died Saturday at 35 of a suspected heart attack.

Cannon, a hard-nosed centre, was a member of Canada's squad at the 2003 Rugby World Cup and won 31 caps for Canada between 2001 and 2007. He played professionally in England for Rotherham, Doncaster and Coventry.

THE CANADIAN PRESS

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IN BRIEF

WTA Tour CEO alarmed by criticism of women's game

The former tournament director at Indian Wells who now runs the WTA Tour calls his successor's critical comments about women's tennis players "disappointing and alarming."

Before Sunday's final at the BNP Paribas Open, current tournament director Raymond Moore said that women "ride on the coattails of the men." He later issued a written apology.

Moore's longtime colleague at Indian Wells, Steve Simon, became the WTA's CEO last fall.

"As the tournament director of one of the pre-eminent events in professional tennis, the comments made today by Raymond Moore were extremely disappointing and alarming," Simon said in a statement.

"The WTA stands on its own and was founded on the principles of equality and empowerment."

THE ASSOCIATED PRESS

PF Davis unlikely for Rio

Anthony Davis virtually ruled out playing for Team USA in this summer's Olympic Games on Monday as he prepared to begin treatment on knee and shoulder injuries that have ended his fourth NBA season early.

Pelicans coach Alvin Gentry said that Davis would sit out New Orleans' final 14 games so he can focus on treating a torn labrum in his left shoulder — which will require surgery — and tendinitis in his left knee.

THE ASSOCIATED PRESS



Don't bounce it ... just get it there. Worst comes to worst, throw it over their heads.

Boston pitcher David Price's advice to Barack Obama should the U.S. president be called upon to throw the first pitch at Tuesday's game between the Tampa Bay Rays and the Cuban national team in Havana.

Weary Canada falls to Russia

WORLD CHAMPIONSHIP

Carey and Co. stumble in final frames in first defeat

It was a frustrating, tiring morning for Chelsea Carey at the women's world curling championship.

The Canadian skip dropped a 6-3 decision to Russia's Anna Sidorova on Monday morning in Draw 6 action at the Credit Union iPlex in Swift Current, Sask. Carey missed shots in the seventh, eighth and ninth ends as the win slipped from her grasp.

"I just didn't sleep last night and I wasn't in a great headspace and I fought hard to get there and I just couldn't get it together," Carey said.

Russia (3-1) used a conservative style in the early going and capitalized on a missed takeout by Canada (3-1) in the seventh end for a decisive two points. Sidorova, with the hammer, threw an easy draw for two and a 4-3 lead.

"I missed one shot and that



Team Canada, led by Chelsea Carey, right foreground, fell to Anna Sidorova's Team Russia in Draw 6 of the women's world curling championship on Monday in Swift Current, Sask.

JONATHAN HAYWARD/THE CANADIAN PRESS

really turned the tables," said Carey. "If I make that shot it totally changes the momentum of the game. We weren't able to recover."

Canada was too light on its attempt at a tap in the eighth end, giving Russia another point.

"It's not so much frustrating that we lost, it's that we handed it to them."

Chelsea Carey

The struggles continued for Carey in the ninth end as she failed on an attempted triple takeout. Instead, Russia stole a point to make it 6-3 heading to the final end.

Sidorova kept the house clear in the 10th end, with the Canadians shaking hands

with a stone still to throw.

"I was really tired this morning, which didn't help anything," said Carey. "That's not necessarily enough to cause you to lose."

"It's not so much frustrating that we lost, it's that we handed it to them."

Carey's Calgary-based rink had been the last undefeated team at the tournament as Japan (3-1) was upset by Denmark (2-2) earlier in the same draw.

Sidorova is a two-time European champion and has won bronze twice at the world championships while Carey is making her debut at this event. Canada hasn't won world women's gold since 2008.

"We're happy to win against Canada because you guys have the greatest team in the world," said Sidorova. "This is a big win for us. But it means nothing, as we still have lots of games to play."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Canada's late draw against Sweden's Margaretha Sigfridsson.

JOSE BAUTISTA/EDWIN ENCARNACION

Shapiro: Financial flexibility a factor in slugger decisions

Jose Bautista already told the Toronto Blue Jays what it'll take to keep him. Edwin Encarnacion doesn't think he'll be back next year.

It's too early for the defending AL East champions to worry about losing their biggest sluggers. Then again, letting Bautista and Encarnacion walk — after a season the organization and its fans hope ends with a World Series title — could still have a positive impact on Toronto's future.

"If you deduct that from the payroll and you're still a contending team, you're going to add back players that offset (the loss) and obviously you get draft picks," Blue Jays president Mark Shapiro said Sunday. "Those aren't things we're thinking about now."

Bautista, a six-time all-star, made it clear when he arrived for spring training that he wants a big raise. Something like \$150 million over five years might be his goal. The 35-year-old right fielder will make \$14 million this season in the final year of his contract.

The 33-year-old Encarnacion will earn \$10 million this season and he told the Toronto Sun he doesn't think he figures



Jose Bautista and Edwin Encarnacion hit 40 and 39 homers respectively last season. THE ASSOCIATED PRESS

"Every decision needs to be looked at with the collective landscape of the entire team."

Mark Shapiro

into the team's future. Encarnacion, a two-time all-star first baseman/designated hitter, has not appeared in a spring game

yet game as he recovers from a strained oblique.

"They've earned that right," Shapiro said about players discussing their contracts in public. "That's their prerogative. I just have had enough experience to recognize that the back and forth in that forum doesn't accomplish anything."

Shapiro spent 24 years with the Cleveland Indians and was a two-time executive of the year before joining the Jays.

Health will be a big factor in the team's decision to pursue contracts with both players. Bautista hasn't been on the disabled list since 2013. He's played at least 149 games four times in the past six years.

Encarnacion has dealt with several nagging injuries over the years, but he's averaged 38 homers and 106 RBIs since 2012.

"Every player needs to be looked at on an individual basis," Shapiro said. "You can't look at any one decision in isolation. Players age.... It's only a question of what level they're going to decline from and in this case, we're talking about players at the most elite levels of the game."

THE ASSOCIATED PRESS

+ DIVIDING THE DOLLARS

MLB teams steeply increased money spent on young players last year, when several Cuban prospects got big-money deals. Still, the overall percentage of revenue devoted to players has remained relatively stable for a decade.

Financial data released by MLB to The Associated Press showed big leaguers' share of net revenue was between 48.5 per cent and 51.7 per cent each year since 2006.

Dollars spent on amateur players and minor leaguers rose by 29 per cent last year — four times the increase in big league compensation. Counting signing bonuses for amateurs and minor league salaries, revenue devoted to players has ranged from 53.7 per cent in 2012 to 57.5 per cent last year.

MLB said net revenue rose from \$7.16 billion in 2013 to \$7.79 billion in 2014 to \$8.15 billion last year.

THE ASSOCIATED PRESS

Weeknights at 6:30pm. Countdown the HOTTEST songs of the day.

6 @SIX@6 LAST NIGHT:

6 Hadley Lose Control

5 Meghan Trainor No

4 Lukas Graham 7 Years

3 Zayn Pillow Talk

2 Rihanna ft. Drake Work

1 G-Eazy ft. Bebe Rexha Me, Myself and I

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RECIPE Tomato Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



Let's just get this out of the way: yes, it's a lot of garlic. Yes, roasting will turn the tomatoes and the garlic into caramel-y, sweet heaven and yes, you'll end up addicted to this soup.

Ready in

Prep time: 5 minutes

Cook time: 1 hour 20 minutes

Ingredients

- 8 plum tomatoes, halved
- 6 cloves garlic, peeled
- 3 Tbsps olive oil
- sprinkle of sea salt
- pinch of pepper
- 3 Tbsps butter, divided
- 1/2 cup of chopped sweet onion
- 4 cups vegetable broth
- 2 tps fresh rosemary
- 1 Tbsp spelt flour

Directions

1. Preheat oven to 400. In a large baking dish, arrange tomatoes

and garlic and then drizzle with olive oil, salt and pepper. Roast tomatoes for one hour, stirring occasionally. Remove dish from oven and allow to cool.

2. Meanwhile, put 2 Tbsps butter into a large saucepan over medium heat. Add onion and rosemary and sauté until onions are translucent. Add broth and tomato mixture. Cover and allow to simmer for about 20 to 25 minutes, stirring occasionally.

3. Working in batches, transfer soup into a food processor to puree. You can also use an immersion blender. Return soup to saucepan

4. In a small, separate frying pan, melt 1 Tbsp of butter over low heat. Add flour and whisk until blended. Blend roux into soup and season to taste with salt and pepper and simmer for another few minutes.

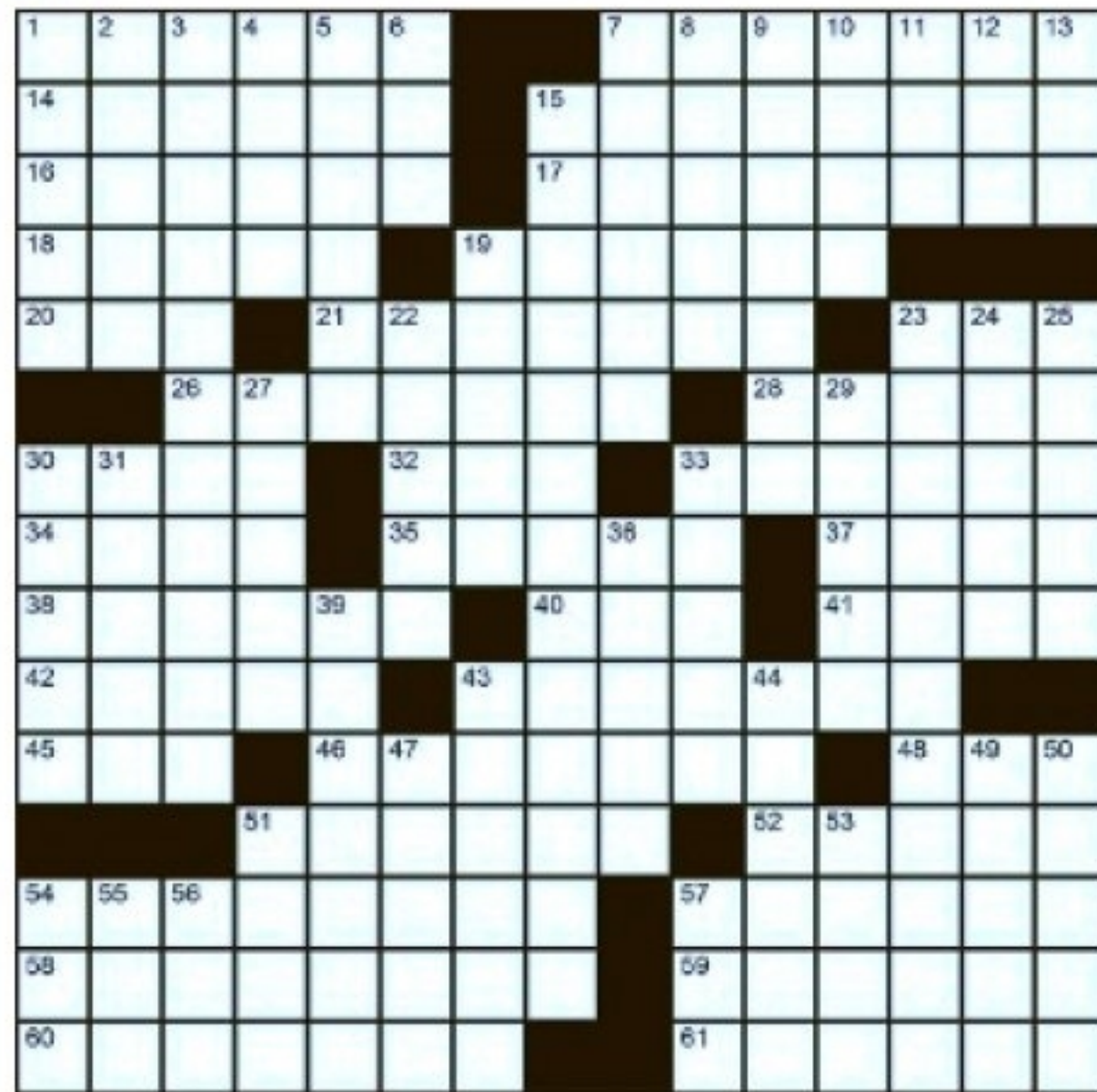
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Alcove
7. "But of course!" in Paris: 2 mots
14. Above, in Montreal: 2 mots
15. Swordplays
16. Expresses
17. Adze, for one: 2 wds.
18. Retro toy, with Sketch: 2 wds.
19. Lawyer documents
20. Pastureland
21. Ontario/New York border river
23. "Heartland" network
26. Phil Collins band
28. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
30. Math subj.
32. Try
33. Full-scale
34. "Import" suffix
35. Celebrate
37. Ron Howard role
38. Loan shark
40. Opposite WSW
41. Soaks flax
42. 43rd President Bush's nickname
43. Outfitted, knight-style (var. sp.): 2 wds.
45. Y-ending word's plural suffix
46. Oranges brand
48. But, Latin-style
51. Mix the mixture more
52. San __, California
54. Group of Seven member: initials + surname
57. Agreement
58. Quebec: City



situated on Lac Saint-Jean

59. Bug variety

60. Mr. Brule (17th-century explorer/interpreter in New France)

61. __ Creek, Ontario

DOWN

1. Party hearty
2. WWW memo
3. The Chatham, Ontario born pitcher at #15-Down won the National League Cy Young Award in 1971 when playing for what team?: 2 wds.

4. Apiece
5. Sitcom role for Betty (More at #44-Down): 2 wds.
6. Li'l roads
7. The __ (Belonging to news coverage providers)
8. Wrath
9. Glacier's fro-

- zen cascade
10. Doesn't stand
11. Yoko __
12. Actor Mr. Tognazzi
13. Geog. feature
15. As per #3-Down... Inducted in 1991, the first and only Canadian in the National Baseball

Hall of Fame (More at #23-Down): 2 wds.
19. River drainage area
22. Drake's "Best __ Had"
23. As per #15-Down... New York State locale of the National Baseball Hall of Fame
24. Noise: French
25. Ms. Blanchett's
27. Manicure board
29. 'The gold' in Spain: 2 wds.
30. Spanish architect Antoni
31. Result
33. Australia's famous Rock
36. Broadcasting: 2 wds.
39. Gradually incorporates: 2 wds.
43. Chant
44. Mimsie, in 1970s TV producing: acr. + animal
47. Bernie Sanders, e.g.: 2 wds.
49. Mysterious
50. Uncertain
51. Rapini, aka Broccoli __
53. 'Height'-meaning prefix
54. Fruit drink
55. Particular plane
56. Marg's fave TV letters
57. Old Rome bronze money

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tomorrow, the only Full Moon opposite your sign all year will occur. This is why you might feel tension when dealing with partners and close friends. Stay chill.

Taurus April 21 - May 21
Problems get worse just before every Full Moon. Then after the Full Moon peaks, they diminish. This is why you might feel tension on the job today before tomorrow's Full Moon.

Gemini May 22 - June 21
Parents need to be patient with children today, because they can feel the tension building up before tomorrow's Full Moon. Similarly, romantic relationships might suffer.

Cancer June 22 - July 23
Because the Moon is your ruler, you naturally feel tension building up today before tomorrow's Full Moon. You feel pulled between the demands of home and family versus the demands of your job or career.

Leo July 24 - Aug. 23
Be careful today. Mental and emotional distractions that build up today (before tomorrow's Full Moon) could make you accident-prone. Be aware!

Virgo Aug. 24 - Sept. 23
Avoid financial squabbles with others or arguments about something you own. If you wait until after the Full Moon peaks tomorrow, these matters will be less important. They might even disappear!

Libra Sept. 24 - Oct. 23
Tomorrow, the only Full Moon in your sign all year will take place. That's why today, you feel tension with partners and close friends. Be patient and tolerant.

Scorpio Oct. 24 - Nov. 22
It's important to know that difficulties with others, especially at work today, might be gone in 24 hours. That's because after tomorrow's Full Moon, things relax.

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with friends and members of groups today, whether casual get-togethers, classes, meetings or large conferences. People get touchy just before the Full Moon!

Capricorn Dec. 22 - Jan. 20
Tomorrow's Full Moon creates a quandary for you today. You feel like you can't please both your private world and your public world. (You can't ignore home and family.)

Aquarius Jan. 21 - Feb. 19
Today has an accident-prone energy for you because of the buildup of tension before tomorrow's Full Moon. Therefore, pay attention to everything you say and do. Be alert.

Pisces Feb. 20 - March 20
Financial disputes might come to a head today. However, after the Full Moon peaks tomorrow, issues will be resolved.

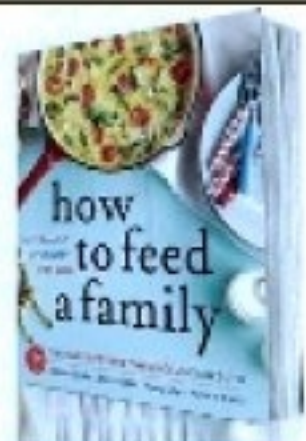
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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LIVE!
105

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#40**

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105

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